**Bible 11/12**

**Good Communication**

**Communication Necessities:**

1. Sending
2. Receiving
3. Understanding

**Means of communication:**

1. Body language
2. Tone of voice
3. Facial expressions
4. Gestures
5. Words
6. Click here to enter text.

**Communication Inhibitors:**

1. Click here to enter text.
2. Click here to enter text.
3. Click here to enter text.
4. Click here to enter text.
5. Click here to enter text.
6. Click here to enter text.
7. Click here to enter text.

**Levels of Communication:**

5. Click here to enter text. conversation

* Takes little Click here to enter text. or feeling
* Does not include Click here to enter text. sharing

4. Reporting Click here to enter text. about others

* Telling others what someone else Click here to enter text.
* Personal information is not shared
* Like reporting the Click here to enter text.

3. My Click here to enter text. and Click here to enter text.

* The beginning of real communication
* Click here to enter text. sharing some our thoughts/decisions
* Contradiction or strong opposition will cause Click here to enter text.

2. My Click here to enter text. and Click here to enter text.

* Feelings about facts, ideas and judgments are shared

1. Complete Click here to enter text. and Click here to enter text. communication

* Absolute openness and Click here to enter text.
* Risks the possibility of Click here to enter text. for deep, personal ideas
* The Click here to enter text. for married couples
* Click here to enter text. at this level is not always continual

**5 Key Steps to Genuine Communication**

1. Click here to enter text.
2. Click here to enter text. and restate
3. Click here to enter text.
4. Click here to enter text. (and accept that different perspectives exist)
5. Click here to enter text.

*“You must sincerely listen when your partner is speaking. This requires your giving* Click here to enter text. *and not just nodding your head. Do not just hear the words and* Click here to enter text. *the message. You cannot practice* Click here to enter text. *listening, hearing only the parts you want to and ignoring the rest.* Click here to enter text. *Condition yourself to listen without dividing the* Click here to enter text.*….When problems exist, an extension of this step requires the listener to ask for clarification and to restate what has been heard. Thus, the* Click here to enter text. *confirms that he or she has correctly understood the* Click here to enter text.*.” ~* Sharon Berry, David Bice, and Stephen Endemano (in *One plus one: a Christian perspective on marriage and family*)